

# Whalesong

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## Mourant cafe prices have decreased



Photo by Dan Coleman  
UAS Student Tyler Eddy gets ready to purchase a fountain drink from the Mourant cafe. The cafe began offering additional sizes in fountain drinks this semester.

### Since last year, some items have decreased in price or stayed same

By Crystal Huskey  
Whalesong Reporter

With the cafeteria open in the Mourant Building, the new concern for students is prices. According to Linda Rugg, manager of food services, many of the prices have either gone down or stayed the same as last year. The daily special has been reduced to \$5.95. Also dropping in price are Ocean Spray juices, which now sell for \$1.35 as opposed to \$1.50.

Those items at the same prices as previous years include the grilled items, such as hamburgers and sandwiches. Rugg also mentioned several new items that have been added this year. The cafeteria now offers a larger fountain drink that can be purchased for \$1.25. Also new this year is the ala carte option on grilled items, which is 75 cents less. Another

new item is the salad bar. Salad can be purchased for 30 cents per ounce and comes with a wide variety of toppings to choose from. Coffee is now offered in a 16-ounce cup for \$1 rather than the 12-ounce cup that was offered in the past for the same price.

Many students are very happy to see that prices are going down. Student Martin Lenk said, "I will probably start eating more in the cafeteria since prices are going down. I feel that some of the prices were too high before."

Food prices may be dropping, but some students would like to see an even bigger decrease. Student Chris Eckelberger said, "I would be happy if the price of the grilled cheese sandwich was dropped to \$2.95." Eckelberger went on to comment that he is happy to see prices are going down.

## Alaska State Chess Championship held at UAS

### State champion from Juneau

By Robert Pearson  
Special to the Whalesong

Zoran Kilibarda of Juneau won his second consecutive Alaska State Chess Championship with a perfect score of four wins in four rounds in an event held on the UAS campus November 23 and 24. Tying for second place were Darcy Robinson and Russ McDowell, also of Juneau, with 3-1.

The event was marred somewhat by the failure of several of the state's other top players to appear. Formerly held each year in Anchorage, the tournament was held for the first time in Juneau this year, and apparently the top players and others from the state did not want to make even though last November players from Juneau managed to

get to Anchorage for the tournament.

The event had plenty of excitement, however, as Zoran was given a stiff challenge in the last round by Bill Ratigan. Bill had a much better game throughout, and a victory would have produced a four-way tie for first place, which would have meant a play-off. But Bill made a serious mistake and resigned the game immediately, giving Zoran the title.

Zoran has a close connection to the University here, as his wife Vesna teaches mathematics at UAS and Zoran himself will be teaching a class on the Geography of Eastern Europe in the upcoming semester.

Another interesting feature of this tournament was the participation of Kevin Konug-Miyasato, who recently turned eight. We're not absolutely sure, but Kevin is probably the youngest participant ever in an Alaska State Championship.

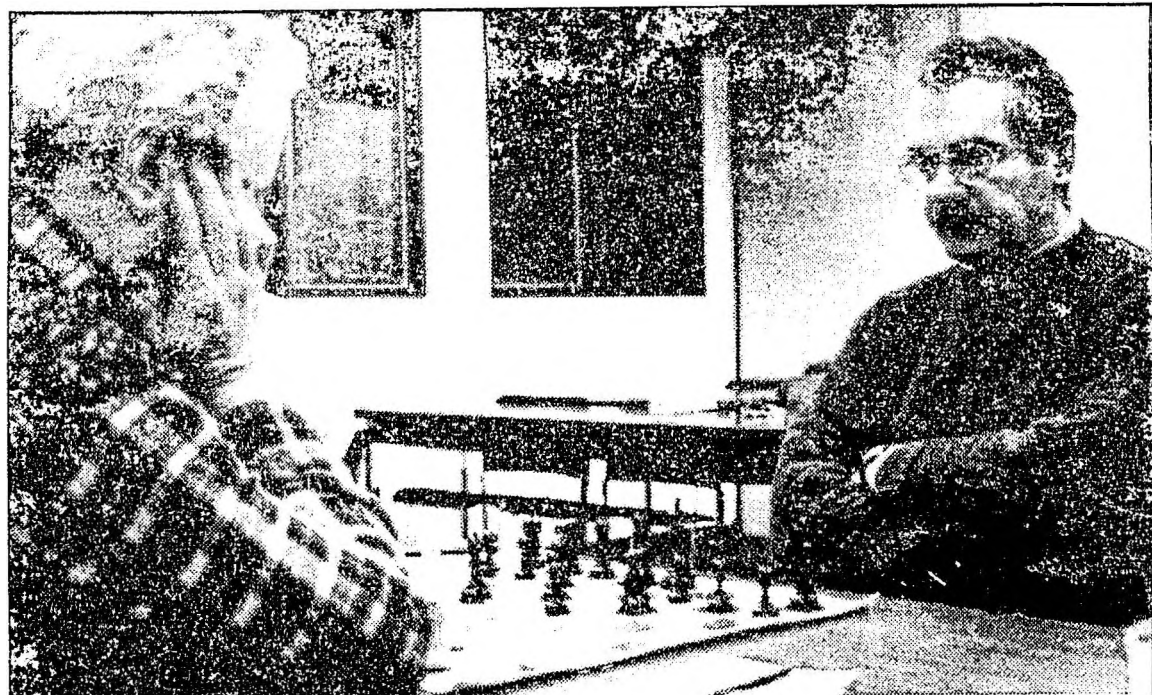


Photo by Dan Coleman  
Alaska State Chess Champion Zoran Kilibarda (right), contemplates his next move in a match against Bill Ratigan. Kilibarda won the tournament with a perfect score of four wins in four matches.

The tournament was organized by the UAF

Darcy Robinson. The UAS Chess Club meets Monday nights from 6-9 pm in HB 205, and anyone interested in playing more about this marvelous

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## Editor's Corner

**"A Time Comes  
When  
Silence is Be-  
trayal"**

—Martin Luther King Jr.



Annette Nelson-Wright  
Whalesong Editor

There are 28 new US citizens in Juneau according to the Sunday paper. I've always admired people who become US citizens, those foreigners who jump through the hoops, and work through the immigration system so that they can call themselves "Americans". I'd like to think I'm in the majority on that one, that is, that most Americans welcome new citizens, but I know there are those that don't.

What do you do when you find out that someone is xenophobic to the point of publicly harassing those who are different than themselves? I realize that everyone's entitled to their own opinions, (God knows I'd be in a world of hurt if individual opinions weren't allowed), but when those opinions, and the expression of them infringe on someone's rights that's not acceptable. When will people understand that "different" is not synonymous with "bad"? Because someone is from a foreign country and you're a US citizen does not make you any better, you've just been here longer. And for that matter, the US isn't that even that old comparatively speaking. We're ALL immigrants except for full-blooded indigenous peoples.

It's difficult for me to tolerate, much less comprehend, people who

feel they have the right to publicly belittle others based on their ethnic appearance, their foreign accent or any other distinctive characteristic. These xenophobes feel they are somehow better based on the geographic location of their birth and they believe it is their right to bully those people that are different than them. I have a news flash for you: You have no right whatsoever to bully, belittle, or otherwise denigrate people simply because they are different from you. This was something we were supposed to learn as kids. I mean grade school age, but some people still don't have a clue.

The only way to counteract this offensive, inappropriate behavior is to speak-up. When people remain silent and accept this behavior and don't question it, that silence condones it. Only when you speak up do people know that sort of behavior is intolerable. And from the story I heard, the incident that caused me to write this, not enough of you are speaking up.

These people don't wear signs and they usually aren't very obvious. It's usually not something as blatant as publicly belittling a foreigner, although some of these boorish, ignorant, oafs actually do that. It's more insidious, it's an off-color joke here, a snide remark there or an

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## Florida professor to head Amnesty International

By Luisa Yanez  
Knight-Ridder/Tribune News

MIAMI—When Susan Waltz was growing up in the Midwest, she never imagined people in the world afraid to criticize their government for fear of being thrown in jail.

"I lived in Dayton, Ohio," said Waltz, 45, an international relations professor at Florida International University. "I didn't know about oppression."

But then Waltz traveled to Tunisia in the late 1970s to interview peasants for her doctorate about their social conditions. "They were afraid to answer the simplest questions about their government," she said.

Their fear stoked Waltz's passionate interest in human rights.

And today, the Miami resident stands at the top of the world's largest human rights group Amnesty International. As its new chairwoman, Waltz becomes the first U.S. citizen to head the London-based organization.

She will now help oversee the activities of more than 1 million members in 152 countries. The position is not paid.

"Our challenge is to mobilize grassroots efforts that can protest human rights violations in countries from Nigeria to Cuba to China," said Waltz, who will serve as chairwoman through September of next year.

Among her goals are increasing and promoting Amnesty's participation in the Southern Hemisphere, including South America, Africa, Asia and the Middle East.

In Africa, her concerns focus on Zaire, Rwanda and Algeria, where civil conflicts rage.

And in South America, she wants to block the Colombian government from using U.S.-donated, anti-drug warfare to stamp out civil uprisings.

"We have asked the U.S. to stop donating these weapons, which are being used against civilians," Waltz said.

The organization also will push for

the release of prisoners of conscience citizens thrown in jail for expressing their political and religious beliefs. Of late, the group has protested the arrests of journalists inside Cuba, Waltz said.

Her personal goal is to promote the concept of human rights for everyone.

"We still struggle to have an agreement that human rights are universal and not determined government by government," said Waltz, a 20-year member of Amnesty International.

Curt Goering, deputy executive director of the U.S. section of Amnesty International, praised the new chairwoman's commitment to her job.

"Susan has the unusual combination of being an accomplished professional and a committed activist," he said.

## FYI

Shanti of Juneau is sponsoring "One World One Hope" a 1996 World AIDS Day commemoration Sunday Dec. 1 at Dzantik'i Heeni Middle School. There will be entertainment, an AIDS Quilt dedication, speakers who have been impacted by the disease and refreshments. Call Shanti of Juneau at 463-5665 for more information.

There will be a reception open to the public for Andy Goldsworthy, an internationally known sculptor who lives in Scotland, Dec. 5, from 4:30pm to 8:00pm at the Alaska State Museum. Goldsworthy's art will be at the museum through Feb. 15. Winter hours are 10:00am to 4:00pm Tuesday through Saturday and students with a current UAS ID get in for free.

You can win money if you enter the UAS essay contest for English 111 students. The deadline is noon, Dec. 13. Submit to Lisa Ward in ELAS, in the Sobeloff building. Call Lisa at 465-6405 or Judy at 465-6421 for more info.

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## Bucky's bad behavior earns badger date in court

By Paul Alongi  
The Daily Cardinal  
University of Wisconsin

MADISON, Wis.—University of Wisconsin's mascot, Bucky the Badger, was arrested for body passing during the fourth quarter of the Wisconsin-Minnesota football game.

It all started when Bucky tried to rile up fans in the vicinity of sections O and P, row 33, as the Badgers' team entered the final moments of their 45-28 triumph over the Golden Gophers.

An overzealous fan lifted Bucky and passed him toward the top of the stadium.

"What scared me the most was that people were starting to say 'Over! Over! Over!'" said James Keefe, the man inside the Bucky Badger suit, who changed into a green shirt and tan vest for a television appearance after the Oct. 9 game.

By the time he reached row 48, police officers had pulled Keefe down.

Town of Madison Police Sgt. Burt Boldebeck said he tried to yell commands to Keefe through the bulky Badger headress.

Keefe, however, ignored the officer and started slapping high-fives with fans.

According to the police report, Boldebeck and another officer escorted Keefe to the police booth, where he reiterated time and again he did not hear Boldebeck's commands.

Nevertheless, Keefe was issued a \$141 citation for body passing.

"When we got in there, I still couldn't believe it," Keefe said. "I was cracking jokes left and right. And then he asked me for my last name and I told him 'Badger, that's B-A-D-G-E-R,' and he was really upset about it."

Finally, Keefe, who had played Badger for his final game, was escorted out of the stadium.

However, the Bucky Badger show did not stop there. Keefe handed his costume over to a fellow Bucky Squad

member who played mascot for the fifth quarter.

Keefe's court date is set for 9 a.m. Dec. 6. Although he could simply pay the \$141 fine and have the incident over with, Keefe plans to contest it.

"If I write out that check, that's saying that I planned to do a body pass, and that's something I didn't plan on, and that's something I need to prove," Keefe said.

Hosts of the morning show on Z104, Marc Anthony and Vicki McKenna, have supported Keefe with their "Pass the Buck for Bucky" programs.

They ask listeners to call in and pledge \$1 to "The Bucky Defense Fund" to help Keefe with his legal fees.

"The ground swell of support has been awesome," Anthony said the night after the first fund raiser, where he helped pull in about \$25.

"What the great thing about it is, is that they didn't even call me. I got the support like that," Keefe said while he snapped his fingers.

## Chess...

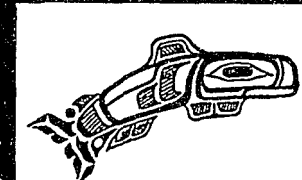
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ous game is encouraged to stop by. For more information contact Robert Pearson at 364-2213 or e-mail at JSRLP. Special thanks to the UAS Student Activities office and Jacque Christiansen for their assistance in making it possible for this event to be held on campus.

## FINAL RESULTS

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## Students campaign to stop annual college rankings

By Colleen DeBaise  
College Press Service

PALO ALTO, Calif.—A crusade launched by Stanford University students to stop the U.S. News and World Report's annual college rankings has mushroomed into a national movement.

On Nov. 6, the University of California Student Association voted to join Stanford's "Forget U.S. News Coalition," a student group that is working to persuade the magazine's editors to drop its yearly listing of the best colleges. Coalition members complain the rankings are too influential and too misleading.

According to Stanford senior Nick Thompson, who started the coalition, the student governments at Wesleyan University, Rice University, Albion College,

California Institute of Technology and the universities of Pennsylvania, Michigan and Pittsburgh already have joined.

"College educations cannot and should not be quantified like a household appliance," he said.

The coalition is pressuring administrators not to give the magazine any information, and to write letters to U.S. News stating that the rankings are a disservice to education. The group claims that high school students rely too heavily on the rankings when choosing a college, and some universities may be doctoring their data to improve their score.

Also, the University of California Student Association says that substantive changes are needed "to give equity to private and public institutions."

In the 1997 U.S. News rankings, the only public universities to make the top

25 list were University of Michigan-Ann Arbor (24) and University of North Carolina-Chapel Hill (25). University of California-Berkeley was No. 27.

"A college education has a different value to each and every individual," said Fritz Burkart, a UC-Berkeley student. "The U.S. News formula clearly cannot calculate the utility that individuals get from a college education."

The group is asking the magazine to drop the scores so that people only read about the specific attributes of each university.

Administrators say they will continue to send the data because the magazine can obtain that information elsewhere. But at least one administrator, Stanford chancellor Gerhard Casper, has sent a letter criticizing the rankings to U.S. News editor James Fallows.

"Hope I have the standing to persuade you that much about these rankings—particularly their specious formulas and

spurious precision—is utterly misleading," he wrote. "I am extremely skeptical that the quality of a university—any more than the quality of a magazine—can be measured statistically."

The letter was sent two weeks after Stanford slipped from No. 4 to No. 6 in the rankings.

Meanwhile, U.S. News editors point out that readers are advised in an introductory paragraph that the rankings "are only one of the many criteria students should consider in choosing a college. Simply because a school is tops in its category does not mean that it is the top choice for everyone."

In a letter to the coalition, Fallows said there's no evidence that students use only the U.S. News rankings in deciding on a school. A study done by a higher-education consulting group found that rankings play a relatively small role in college choice, he said.

"You are selling the rest of your peers short in... assuming that many students almost mindlessly follow our rankings in lockstep when choosing a school," he said.

Colleen Connors, media relations manager at U.S. News, said the magazine has consistently tried to improve the rankings since it began publishing them 10 years ago.

"They've evolved over the years," she said. "We're very open to constructive criticism."

The magazine might make some changes "based on a lot of the feedback we've gotten back from students," she said. "We have no problem with what the students are saying. They've made some very good points."

However, "we'd appreciate it if they examined our methodology in depth," she said. "Realize how seriously we take this. There are serious journalists here, and research experts."

As far as talks with the coalition are concerned, "there hasn't been any kind of appointment set up, but of course we'd be happy to meet with them," she said.

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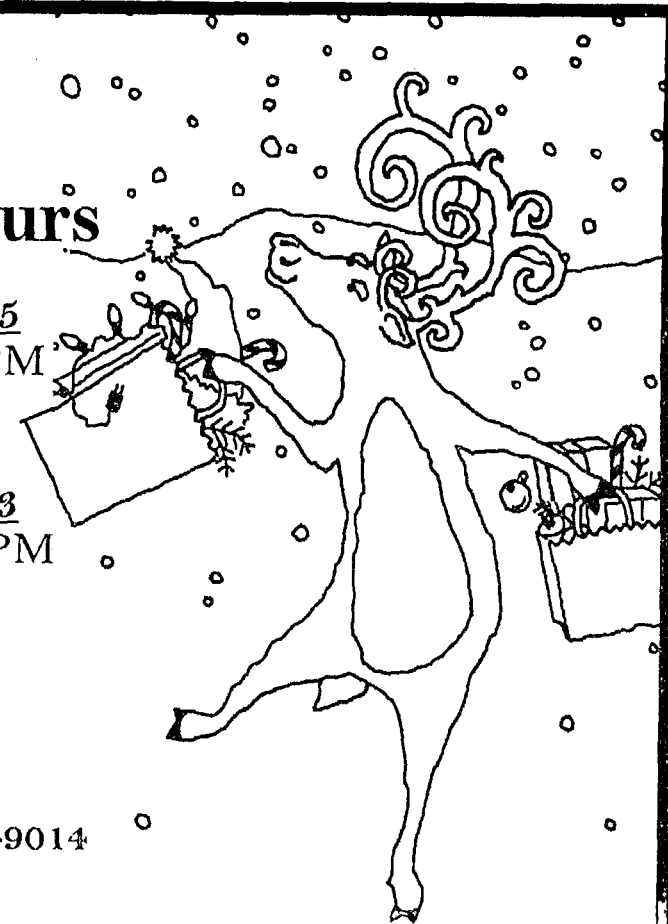
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## Ultimate Frisbee--Ultimate Fun

### Cold and lack of sun doesn't deter enthusiasts

By Chris Eckelberger  
Special to the Whalesong

Old Jack Frost has come to Juneau. The temperature has been dropping, snow is in the forecast, and people everywhere have traded in their shorts for polypropylene. It's time to wax those skis and snowboards, break out the snow shovel and dust off that old Frisbee that's been sitting in the corner of your closet all summer. That's right, winter sports now include Ultimate Frisbee—the greatest thing since squeezable butter. For our readers who may be unfamiliar with the sport, let me take you on a trip down memory lane. Picture playing a tri-hybrid cross of football, basketball, and soccer with a flying disc—that's Ultimate. There is more to it of course, like the Spirit of the Game, which is Ultimate-ese for self-refereeing, putting team first, and being a good sport. Ultimate was first played on the asphalt parking lot of Columbia High School in Maplewood, N.J., 1968. Since then, the sport has grown to include

thousands of teams throughout the world. This year UAS students formed the Ultimate Frisbee club. The club's organizer Rebecca Eldredge had been playing the game for a few years back in her home state of Hawaii. She has come to UAS to earn a Master's of Education Technology and has brought her Ultimate urge with her. "I started the club because Ultimate is running with a purpose, it's my love from Hawaii and I wanted to share it with others," said Eldredge.

What began as four people hucking the disc around the dirt playing field of Sandy Beach has turned into an all out Flatball Fest' at Twin Lakes Park. At press time the attendance record was 21. This may not be a large turnout for cities like Seattle and San Diego, but those Frisbeeheads aren't playing in thirty degree weather, on an ice skating rink made to look like a grass field. So far the Alaskan weather hasn't deterred anyone from



Ultimate Frisbee enthusiasts clockwise from top: Ariel, Rebecca, Autumn, Martin, Shane, Ben, Laurel, Stacie, Chris and Heidi pose for a group photo.

coming out, but as the mercury plummets so might attendance. The idea of "Snow Ultimate" has been suggested and it looks promising. It looks like there's still a few snow-free Saturdays in the forecast, so if you are interested in giving Ultimate a shot, come on out

to Twin Lakes park every Saturday at noon, or send email to JSCE1 or JTRPE @acad1.alaska.edu. No experience is necessary and rides are available.



Members of the UAS Ultimate Frisbee club Chris and Ben, enjoy a game last fall when temperatures were considerably warmer.

## CEOs lean toward liberal arts majors

By College Press Service

GENEVA, N.Y.—A new poll by Hobart and William Smith Colleges says most students are on the wrong track to a successful career.

The survey of 907 people found that students are more likely to attend a technical college or university with the short-term goal of getting a job after graduation.

But CEOs say they look more favorably on recruits with a liberal

arts education, the study found.

At one time, about 70 percent of students attended liberal arts colleges. Now, less than 5 percent are enrolled in the liberal arts, according to recent figures.

Hobart president Richard Hersh initiated the study after a 1994 roundtable discussion with other college officials on the value of a broad-based education.

The study found that only one in four students has a positive attitude toward the liberal arts. But twice as many business leaders look favorably on that kind of education.

## Alcohol doubly hard on young

### Learning and memory affected by minimal quantities, study finds

By Lidia Wasowicz Reuter  
College Press Service

DURHAM, N.C.—Animal studies show even small amounts of alcohol pose a double danger to young brains, researchers said Monday, noting that if confirmed in humans, the results should provide good reason for banning under-age drinking.

While having little effect on most adults, as few as two drinks can cause learning and memory problems in the young, they said. In addition, alcohol fails to cause the sleepiness in younger drinkers that it tends to induce in adults, leaving them free to drink more, causing even greater harm, said the scientists from Duke University Medical Center and the Durham Veterans Administration Medical Center in North Carolina.

"We've shown the developing brain has exactly the wrong combination of sensitivities to alcohol," said Scott Swartzwelder, lead investigator of the study published in *Alcoholism: Clinical and Experimental Research*.

"It's capable of staying awake through a prolonged bout of drinking, but, at the same time, it is sustaining far more damage to memory and learning systems than an adult brain receiving an equivalent amount of alcohol."

The studies suggest as little as two

drinks could inhibit learning and memory in a young person while having little effect on an adult, said co-author Patrick Little.

The damage occurs at a stage when the brain is most receptive to learning; at no other time can the brain absorb and retain so much information and alcohol depresses that ability, said co-author Cynthia Kuhn.

"If confirmed in humans, the findings could serve to support legal bans on under-age drinking," said Swartzwelder, associate professor of psychiatry at Duke and research scientist at the VA medical center.

In the study, funded by the National Institute of Drug Abuse and the Alcoholic Beverage Medical Research Foundation, young rats injected with alcohol took longer to fall asleep and slept only half as long as adult rats given an equivalent shot. The young rodents also had higher levels of blood alcohol when they woke up than the more mature ones, said co-author Wilkie Wilson.

"Historically, there has been no compelling evidence to deter the youth of America from drinking other than a moral or authoritarian message," Swartzwelder said. "At least now we can back our message with scientific evidence showing that even occasional and moderate drinking might impair a youth's memory systems more than it

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## Best friends improve with age

### "Give-and-take" and demands seen as important

By Reuters News Service

ANN ARBOR, Mich.—Best friends get on people's nerves less as they age, researchers said Monday.

University of Michigan psychology researchers who analyzed the give-and-take between best friends ages 13 to 94 said that with age, people tend to feel their pals are less demanding.

Psychology student Aurora Sherman and researcher Toni Antonucci studied the degree of reciprocity in each friendship by asking: "During your life, would you say you have provided more support, advice and help to your friend, has it been about equal, or has your friend provided more to you?"

In a presentation at the annual meeting of the Gerontological Society of America in Washington, the researchers said they found the majority of people felt their relationships with best friends were about equal. But among those who thought the give-and-take was unequal, twice as many felt they were giving more than they were getting.

Only 73 of the 1,498 people surveyed were eliminated from the study because they said they did not have a best friend. "Feeling that you're putting more into a relationship than your friend has a big impact on how satisfied you are with the relationship," said Sherman. "Teens who felt this way were the most likely to say their friend was too demanding and got on their nerves."

"But we were surprised to find that feeling over-benefited seemed to have little impact on how good people thought their relationship was."

According to a widely-accepted explanation called equity theory, getting a good deal in a relationship is supposed to create guilty feelings, and guilt has as great a negative impact on the quality of the relationship as feeling angry and resentful because of giving too much.

The over-benefited friends in the study felt their relationships were just as good as those who gave and took equally.

The survey confirmed the popular view that disclosing private feelings to a best friend is much less important to men than to women.

## Study links criminal behavior, to athletes

### Aggressive attitudes implicated in disregard for social standards

By Mike Waller  
The Daily Iowan  
University of Iowa

IOWA CITY—When former University of Iowa basketball player Jeff Walker was charged with eight felony counts of forgery for using a stolen ATM card on Oct. 11, he became another NCAA crime statistic.

Athletes are becoming participants in illicit activity at an alarming rate across the country, said S. Daniel Carter, regional vice president of Security on Campus Inc.

Programs at the University of Miami, Florida State University and the University of Nebraska have received extensive negative publicity after incidents such as assault, Pell grant fraud, domestic assault and attempted second-degree murder.

The UI is no exception when it comes to troubled athletes. Current football tight end Zeron Flenister and basketball player Greg Helmers have been in trouble with the law, as well as former Hawkeyes Chris Kingsbury, Marcus "Tex" Montgomery and Walker.

Tom Crossett, a sports management professor at the University of Massachusetts at Amherst, conducted a study over 18 months that looked at 30 Division I universities.

Compared to male non-athletes, male athletes were involved in a disproportionate number of sexual assaults.

His study concluded 3.3 percent of the student populations studied were male athletes, but that same group committed 19 percent of the reported sexual crimes.

Carter said athletes seemingly get in trouble more often than non-athletes for two reasons: attitude and publicity.

"Athletes are trained to be more aggressive," he said. "Their popularity makes them feel that they are above the standards that are set for others, and that's unfortunate."

The Virginia Tech football team has had seven players charged with various crimes since November 1995, and at least 15 more have been accused of beating up a member of the school's track team.

Of the seven Virginia Tech players who faced a combined total of 13 charges, ranging from shoplifting to malicious wounding, nine charges were dismissed, and the remaining charges were carried out as suspended sentences.

"The Virginia Tech football team has had a series of violent and non-violent crimes over the past year," Carter said. "The problem is that the athletes are getting away with it. They're having charges dropped or given light sentences. It's not always a non-biased process."

Carter said many athletic departments handle the charges internally in an attempt to keep publicity at a minimum. They conduct their own investigations to determine wrongdoing.

The Ohio State University men's basketball team had several incidents involving its players, which led to the dismissal of three members of the squad during the 1994-95 season.

Michelle Willis, Ohio State University women's associate athletic director, said the athletic department lets campus police handle any investigations.

"The student-athletes were suspended pending the investigation of the allegations," she said.

"After investigations by university police proved true, they were dismissed from the team."

Ann Rhodes, vice president for University Relations, said the UI does as much as it can to prevent public controversy.

"Generally, we try to recruit people that we don't think will have trouble obeying the law," she said. "When we run into trouble, we take it on a case-by-case basis to decide what measures will be taken."

She said while "innocent until proven guilty" is a guarantee in criminal proceedings, athletes are often withheld from competition until the situation is resolved.

"Sometimes an incident involves the breaking of team rules," she said. "But we do not take the position that we're just waiting for the courts to decide everything."

John Bennett, assistant professor in the UI School of Journalism and Mass Communication, said it's important not to overgeneralize when studying the role of athletes in campus crime.

"I don't think most of us look at the media systematically enough to be able to make valid generalizations about much of anything," he said. "To make generalizations you need to do thorough research and define who the athlete is."

Bennett said it's important to identify athletes because some get more publicity than others.

"Certain high-profile athletes do get a lot of public attention," he said. "You don't see publicity for softball players or pick-up basketball players that get in trouble."

Willis said the number of athletes who get in trouble is not much different than those in other sectors of society.

"It's reflective on the rest of society," she said. "Unfortunately, with the atmosphere of sport in our society, athletes get a lot more attention."

Clery and Rhodes said some programs don't do all they can to curb athlete crime. Clery said some schools tend to overlook background records when they see a great athlete.

"I think it depends on where you look," Rhodes said. "Some programs have not dealt effectively with their legal problems."

Rhodes said it is hard to say if numbers were actually rising, but the public and the media is far more aware of these incidents than they used to be.

"Crime is an issue for athletes that runs from high school to the professional level," she said.

"It's hard to say if the numbers are rising, but public tolerance of these incidents is lower than it used to be."

The DI also contacted the University of Miami, but calls were not returned. Representatives from the University of Oklahoma were not available.



# Soup's On: Ideas For The Cooking-Impaired

By College Press Service

ROCHESTER, N.Y.—LuAnn Leavitt spends hours mixing together chemicals inside a lab at the University of Rochester, where she studies biochemistry.

The aspiring medical researcher says she's made a great discovery since starting graduate work, but it's not a cure for cancer.

It's quiche.

The dish is simple to make, an excellent source of protein and for some reason, friends are always impressed when she makes it.

"That one's easy. It only takes a few minutes to put together," enthuses Leavitt, who lives in an off-campus apartment.

She rattles off the recipe without checking an index card or pausing: "Just buy the pie crust. Beat together six eggs. Throw some cooked spinach into the pie crust. Sprinkle some parmesan cheese. Mix green scallions into the eggs, and pour it into the pie crust. Add some salt and bake it in the oven at 375 degrees until lightly brown on top. That's it."

For Leavitt, recipes have three simple requirements: they must be quick, nutritious and taste good. That might not mesh with the gourmet standards of the Culinary Institute of America, but it's a perfect fit for the busy lifestyle of a student living in a sparsely equipped kitchen.

"I will admit, I eat a lot of pasta," she said. "But food is just too expensive in the cafeteria."

A number of recent publications offer helpful tips to students when it comes to stepping out of the dining hall—or away from Mom's oven—and into your very own kitchen.

Kevin Mills, a Los Angeles writer, has put together a cookbook with his mother, Nancy, called, "Help! My Apartment Has A Kitchen."

Mills, who describes himself as a "gastronomically disadvantaged amateur," says the book offers more than 100 recipes designed to create self-confident cooks who have "always known of the existence of the kitchen . . . the room with the fridge in it."

The cookbook, he says, is essential for people who don't have a clue how to make fruit salad that doesn't "taste like it did in the school cafeteria" or who don't know enough to take the plastic bag out of the chicken before

they roast it.

Take, for instance, his recipe for "Cheese Easies," which serves 10-12 people. All recipes come with a rating: Very Easy, Easy, and Not So Easy (or, Requires Effort But Worth It). This one is "Easy."

Directions include mixing one-half cup butter or margarine, two cups shredded Cheddar cheese, half-cup dried onion soup mix and one cup flour until it feels "like Play-Doh but slightly greasy," according to Mills.

Divide dough into thirds and shape into 6-inch rolls that "look like big hot dogs," he says. Chill for an hour, then slice into one-quarter-inch slices and place on an ungreased baking sheet.

Bake at 375 degrees until brown. Each cheese easy should look "like a cookie but taste like a cheese cracker," Mills explains.

The quick recipes are great for people on the run. "When I oversleep, I know something's got to give if I want to get to work or school on time," he said. "Either I don't shower, don't eat or don't dress."

Until recently, he would forego eating. Now, he says, he makes simple-and-easy morning foods such as the "Brunch Burrito," a Mexican-style egg-sandwich that can be eaten on the go.

Those who are wary of spending more time than it takes to open a can are encouraged to try dishes like "Hearty Lentil Soup," he said. "You may ask, 'What are lentils?' That was my first question, too."

Also, Mills reminds students that it's possible to entertain guests without using the services of a pizza-delivery guy. Although, "If I'm cooking for company," he says, "I tend to make an appetizer. Some may think I do this to impress guests. But it's actually to protect myself in case I burn the main course."

As most first-time chefs know, disaster can strike easily, and without warning.

Leavitt said she's had a few culinary nightmares, usually while trying to experiment.

"I once took red chili peppers, and I stuck them in oil and, oh my god, it stung my eyes so bad," she said. "I was trying to add some flavor to popcorn. It was a bad idea. I never even ate it."

Also, she has advice for students who prepare a dish before rushing off to class.

"Oh, yeah, make sure you turn off the

flame before you leave. I had to leave fast [and left a pot of rice cooking on the stovetop]," she said. "When my housemate came back, the house was smoking."

"So don't be in too big of a hurry."

Mills offers general advice for most cooking disasters: "Option No. 1 is to sulk and go to bed hungry. Option No. 2 is to be creative."

Amy Meyers, a junior at Pennsylvania State University, says she and her roommates have a simple solution when a meal doesn't turn out right: "McDonald's is right down the street."

Meyers, who lives in an off-campus apartment, says she and her roommates have perfected at least one dish: chicken.

"We have, like, all this chicken. It comes by the case—skinless, frozen breasts of chicken," she said. "We just thaw it, toss it in the pan and fry it up. Make some potatoes with it, and vegetables, and that's dinner—at least three days a week."

Meyers, who studies hotel management, much prefers having her own kitchen rather than having to deal with the dining hall hours.

"You can't really run over there at three o'clock in the morning after a night of drinking," she explains.

A kitchen can even come in handy the day after a late night, too.

Lela Nargi, author of "All U Can Eat: Make It Fast! Make It Cheap! Make It Delicious!," offers a remedy for one of the most common student ills: the hangover.

"Lucky for you, we know what to do about it," she says, and proceeds to relate a recipe that sounds something like a homemade Egg McMuffin. "Follow up with Alka Seltzer chaser."

Nargi fills her cookbook with recipes that seem impossibly easy. For instance, take her recipe for a steak dinner:

1. Preheat broiler.
2. Place steak on tin foil and stick under broiler. Cook 5-7 minutes, until top is well-browned. Flip over and cook an additional 3-7 minutes. Serve with Worcestershire or steak sauce, if desired.

"This cookbook is intended for use by precisely the type of person who would never think of buying a cookbook," she explains.

While everyone has experienced a few misgivings about cooking, "we got over them pretty quickly because the alternatives to cooking for yourself are:

one, getting someone else to cook for you; two, eating out; or three, ordering in," she said.

All of which usually lead to "one, going broke; two, getting fat; or three, consuming things you wouldn't feed your dog, simply because they're cheap and quick," she said.

A first-time chef should keep in mind that "cooking is easy, and cooking is fun," according to Nargi. "And please don't be put off by recipes that look long. Often, a recipe is long by virtue of the number of spices it contains, or because it has a lot of steps that mostly instruct you to do easy things like chopping, or adding salt to boiling water."

She also suggests what basics to buy to equip a kitchen—such as a baking sheet ("if you ever want to make cookies"), a saucepot, a can opener and a colander ("the spaghetti drainer").

For those easily overwhelmed when entering a home appliance store, she adds a list of "less common kitchen implements and why you'll never need them."

The list includes a crepe pan ("what are you, some kind of showoff?"), a fish poacher, a lemon zester and a grapefruit spoon ("you could put someone's eye out with that thing").

Leavitt, who is in her fifth year of post-graduate studies, said she gradually accumulated pots and pans over time.

A must for student cooks is "a great big frying pan," she said. "That's good for French toast. I make it for supper even. You figure, it's got eggs in there, and you've got your carbs [carbohydrates]."

Also on her list of must-haves are: a 5-quart pot to make spaghetti, a pot with a lid for cooking rice, a toaster oven for bagels and a microwave.

Meyers said she would like a bigger freezer for frozen vegetables and meals. "We get a lot of frozen stuff," she said. "You can just thaw them out and throw them in the oven."

In her cookbook, Nargi also offers some advice for those who are truly lost in a kitchen.

Take a trip to the local gourmet supermarket or health food store, where samplings of new food products are offered in the aisles, she said.

"Casually take a few tastes, browse around the store a little, come back and sample a little more," she said. "Continue until you get thrown out."

posed to low doses of alcohol."

The scientists now want to study how alcohol affects the abilities to remember and learn in rats and in adults humans.

## Silence...

continued from page 2

underlying attitude that permeates the majority of their opinions. What's frustrating is few of these people will change.

The only way to deal with this behavior is to not tolerate it at all and say something. You may not be able to change them, but you can at least let them know that you won't tolerate their behavior when they're around you. It's hard to spot them, until someone tells you something or you hear about an incident. It would be so much easier if they always wore black hats. All the time.

# Perseverance's Mineola Twins won't double your fun.

By Aaron Spitzer  
Whalesong Reporter

"History repeats itself, the first time as tragedy, the second as farce."—Karl Marx

In the opening scene of Perseverance Theatre's current comedy *The Mineola Twins*, nuclear air raid sirens wail in an Eisenhower-era diner. I envisioned the splitting of the atom, dividing like an ovum into twin embryos, producing the explosion which has shaken the last half-century. Let's call dramatist Paula Vogel's play a post-Bomb burlesque: a lampoon of the baby boom and its fallout, a laugh at the fissionable nuclear family, a slapstick take on this, the atomic age. Unfortunately, *The Mineola Twins* misses the seminal lesson of the atom-smashing: that sometimes, the smallest particles pack the biggest bang.

In *The Mineola Twins*, Obie award-winner Vogel has a grand ambition: to make fun of the last five decades. To do this, she contraposes the life histories of Mineola, Long Island, sisters Myra and Myrna Richards—twins who put the lie to the modifier "identical." As the play opens, high schooler Myrna is the archetypal post-war Pollyanna: a poodle-skirted girl whose goal is the Homemakers of America Senior Award. She's determined, too, to "earn the right to wear white" to her wedding, even if just barely. Compare this to twin Myra, who's a whore. Myra loiters in the Village, digs Kerouac, and, in an unsisterly move, does the nasty with Myrna's boyfriend, Jim.

Now fast-forward fifteen years: Myrna is a pinched and bitter Nixonite, stricken with episodic fits—the after-shocks of something unspeakable from her past. She has a son, Kenny, who's an aspiring stoner. Meanwhile Myra, unlike many angelheaded hipsters, has shifted successfully from beatnik to peacenik: suddenly she's Patty Hearst, on the lam after robbing Mineola's Franklin Savings & Loan for what she calls "the cause."

Finally, twenty years later, it's morning in America—the roaring eighties, Pax Reagan. Myrna is a radioangelist who, with her book "Profiles in Chastity," is determined to pervert Myra's milquetoasty son, Ben. Myra, meanwhile, has become a lesbian. She and her lover, Sarah, run an abortion clinic, which vocation displeases right-to-lifer Myrna no end. I won't give away the climax—suffice to say, in this play, the "bomb" theme is recurrent.

And so goes *The Mineola Twins*, making a mockery of the last half-century. Such was playwright Paula Vogel's admitted objective, and in this, she is wildly successful. Many would argue that America was asking for it: on issues from sex to politics, race to religion, this country has been wearing a "Kick Me" sign for several generations. It's strange, then, that Vogel's success seems that of a muscle-thug mocking a weakling—her victory is hollow, and worse, it's hard to watch.

There's a reason, I guess, why words like "cutting" and "incisive" are used to laud political satire: it's an art which, done well, weds surgical grace

with the gore of disembowelment. In place of pen-knives, though, Paula Vogel wields a cudgel, as formidable in appearance as it is impotent in effect. Vogel's comedy is cumbersome, indiscriminate, and crude, landing hamfisted blows on tediously obvious targets. Snickering at fifties femininity? Mine eyes glaze over. The "gays as interior decorators" line? Mesozoically old. And haven't we already established that Rush Limbaugh is a big, fat idiot? This play is predictable like Patsy Ann: in a quest for half-penny laughs, Vogel goes religiously for the orthodox victim, forsaking the chance to do genuine political damage.

Some will protest, of course, that *The Mineola Twins* is not supposed to be satire. It's farce, and thus—despite low-brow humor, epileptic plotting, and arrested character development—fun for its own sake. And indeed, on opening night, as I sat sourly in my chair, the audience around me busted a collective gut. As a member of Gen X, I'll admit to a creeping fear that I'm missing something—some transcendent quality, which excuses *The Mineola Twins* from all normative standards of art. Maybe the past fifty years are just one of those things: you had to have been there. Like new parents breathless with insipid baby stories, so, perhaps, is the baby-boom engrossed with *The Mineola Twins*—the baby tale of the Boomer Generation.

Whatever the weaknesses of Vogel's script, Perseverance Theatre has done commendable work in staging and performing this play. Under the able direction of Molly Smith, veteran

Luan Schooler performs sweat-shop duty as both Myra and Myrna, executing costume changes at superheroic speed. In keeping with the outlandishness of her lines, Schooler assumes the persona of a caricature, all cartoon-faced and hyperkinetic. She wrestles gamely with the unwieldy role allotted her, and her pluck and personal magnetism kept me past the intermission—which says a lot.

Good too is Marta Ann Lastufka, who provides a goofy male impersonation as Myrna's boyfriend, Jim, and an excellent Manhattanian Jewish lesbian impersonation as Sarah, Myra's lover. In the latter role, Lastufka becomes the only fully fleshed-out character in this play. Somewhat less successful is the young actor Jason Blackwell, in the roles of Ben and Kenny. Against Schooler's manic antics, Blackwell is vaguely robotic. Plus, he seems to be meta-acting: laughing at his own character even as the audience does the same. Still, though, Blackwell—a Gen Xer too, mind you—shows enormous theatrical promise.

The same, sadly, cannot be said for the *The Mineola Twins*. I'll forgive Paula Vogel and her contemporaries their generation-centrism, but hey: the boom went bust years ago. It is high praise to call a drama timeless, and unfortunately, *The Mineola Twins* is something very opposite. Whether cultural satire of send-up farce, this play isn't funny. In the fifty-some years that have formed the atomic age, truth has been siller than fiction—but somehow, *The Mineola Twins* ends up a dud.

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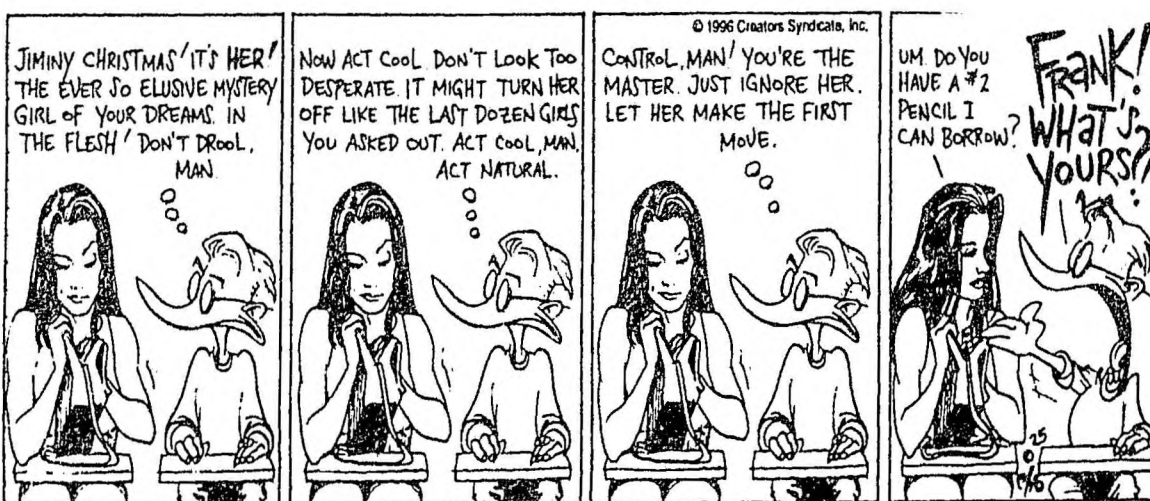
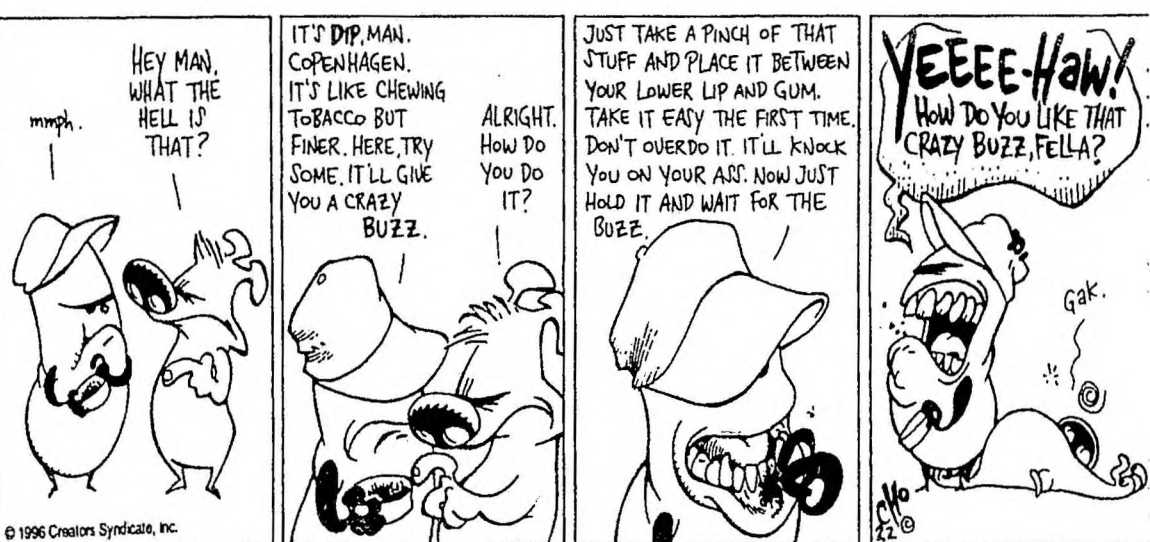
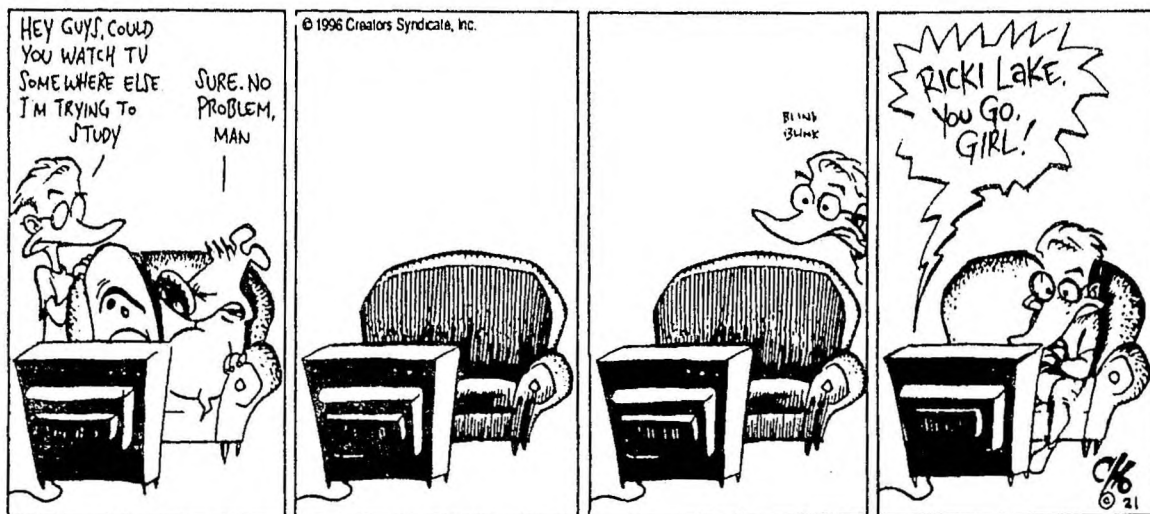
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UNIVERSITY<sup>2</sup> by Frank Cho

WEEK FIVE



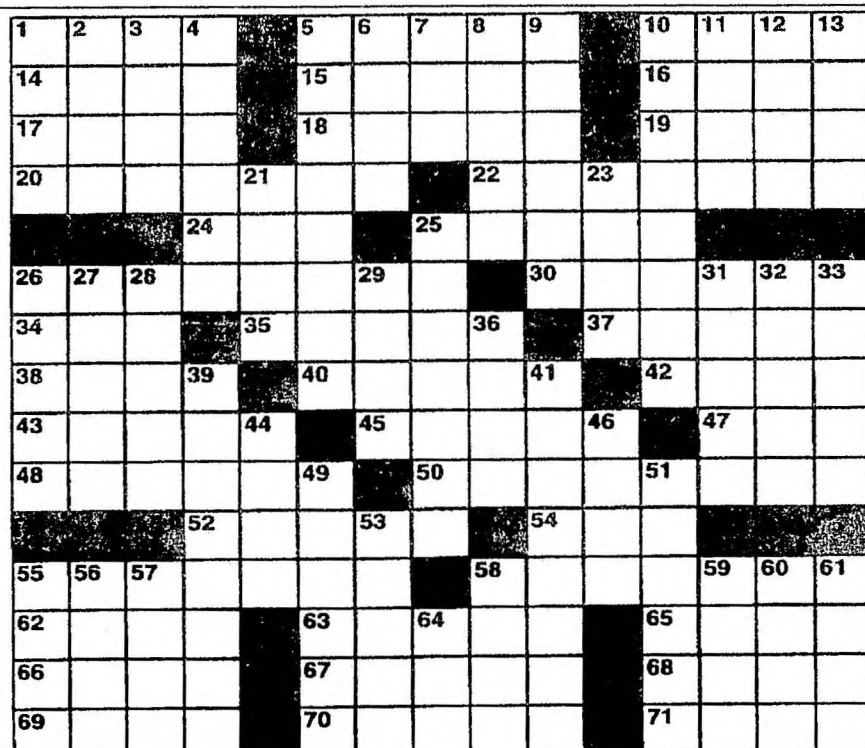
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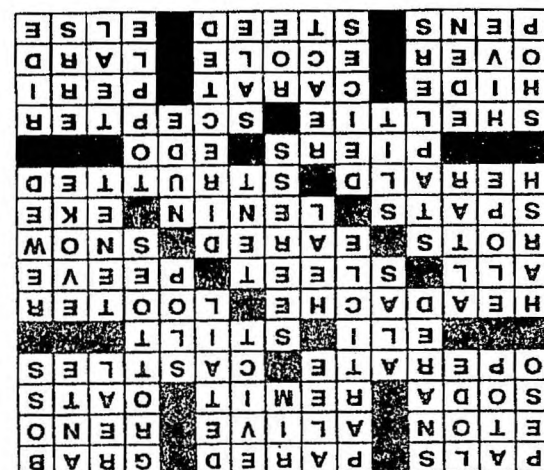
## CROSSWORD

ACROSS  
1 Chums  
5 Peeled  
10 Snatch  
14 English school  
15 Living  
16 Gambling mecca  
17 Fountain treat  
18 Send payment  
19 Feed for Dobbin  
20 Run a machine  
22 Royal homes  
24 Hebrew priest  
25 Long-legged bird  
26 Knotty problem  
30 Robber  
34 Everyone  
35 Weather word  
37 Irritate  
38 Decays  
40 Having hearing organs  
42 Winter fallout  
43 Little fights  
45 Russian ruler  
47 Piece (out)  
48 Messenger  
50 Paraded proudly  
52 Docks  
54 Former name of Tokyo  
55 Scottish pony  
58 Royal wand  
62 Pelt  
63 Gem weight  
65 Persian fairy  
66 Finished  
67 School: Fr.  
68 Animal fat  
69 Coops  
70 Fast horse  
71 Otherwise

DOWN  
1 Mexican coin  
2 Over  
3 Vein of ore  
4 Trapped  
5 Tiny speck  
6 Nautical term  
7 Edge  
8 Force to move out  
9 Group of cops  
10 Caves



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11 Genuine  
12 Poker money  
13 Overseer  
21 Woe is me!  
23 Spill over  
25 Clairvoyant  
26 Cruel  
27 Wed in secret  
28 Mass table  
29 Cure  
31 Religious belief  
32 Call to mind  
33 Marry again  
36 Camp shelter  
39 Office devices  
41 Commanded  
44 Small cut  
46 Bare  
49 Thaws  
51 Overthrow  
53 Respond  
55 Look for bargains  
56 Home for bees  
57 Eve's home  
58 Store event  
59 Duck  
60 Makes a mistake  
61 Go by car  
64 Fish eggs

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## Lost &amp; Found

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